

EXERCISE DEVICE

Abstract

An exercise apparatus having a pair of support pedals that, when a user steps upon both pedals, can be moved by the user in a closed path that is designed to be complimentary in motion to that of the user's natural stride. The pedals are operably connected by a linkage that facilitates this natural motion. Moreover, this linkage can be adjusted thereby altering the shape of the closed path traveled by the pedals. The closed path can thus be altered to conform to the optimal biomechanics of each individual user or, it can be altered to form a closed path designed for more of a striding type of exercise or for more of a climbing exercise, thereby allowing different muscle groups to be exercised on the same machine.